






## Heamoor School PE Provision 2023/24



At Heamoor School we utilise the Stiver PE progression scheme in the vast majority of our lessons. These lessons are supplemented by extension activities that are planned by the class teacher in consultation with our PE HLTA. We also have dedicated blocks of learning that are provided by external providers. These professionals are provided as part of our subscription to the Penwith PE scheme (PPE).

Red Class					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Agility Space and Movements (Striver unit)	Gymnastics (Striver unit)	Ball Skills (Striver unit)	Catching and Throwing	Athletics	Skill based challenges.
<a href="https://gostriver.com/#/age-list-page/3-4/agility-space-and-movement/">https://gostriver.com/#/age-list-page/3-4/agility-space-and-movement/</a>	<a href="https://gostriver.com/#/age-list-page/3-4/gymnastics/">https://gostriver.com/#/age-list-page/3-4/gymnastics/</a>	<a href="https://gostriver.com/#/age-list-page/3-4/ball-skills/">https://gostriver.com/#/age-list-page/3-4/ball-skills/</a>	<a href="https://gostriver.com/#/age-list-page/3-4/ball-skills/">https://gostriver.com/#/age-list-page/3-4/ball-skills/</a>	Balance-ability	





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### Orange Class

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Swimming	Swimming	Gymnastics <a href="https://gostriver.com/#/age-list-page/5-6/gymnastics-1/">https://gostriver.com/#/age-list-page/5-6/gymnastics-1/</a>	Games - football skills and rugby skills  <a href="https://gostriver.com/#/age-list-page/5-6/games-3/">https://gostriver.com/#/age-list-page/5-6/games-3/</a>	Athletics  <a href="https://gostriver.com/#/age-list-page/5-6/athletics/">https://gostriver.com/#/age-list-page/5-6/athletics/</a>	Dance  <a href="https://gostriver.com/#/age-list-page/5-6/dance-1/">https://gostriver.com/#/age-list-page/5-6/dance-1/</a>
Games - ball skills, rolling, throwing, catching  <a href="https://gostriver.com/#/age-list-page/5-6/games-1/">https://gostriver.com/#/age-list-page/5-6/games-1/</a>	Games - developing balance and ball skills  <a href="https://gostriver.com/#/age-list-page/5-6/games-2/">https://gostriver.com/#/age-list-page/5-6/games-2/</a>				





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### Yellow Class

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Ball skills</b> <a href="https://gostriver.com/#/age-list-page/6-7/games-1/">https://gostriver.com/#/age-list-page/6-7/games-1/</a>	<b>Ball skills/ invasion games</b> <a href="https://gostriver.com/#/age-list-page/6-7/games-2/">https://gostriver.com/#/age-list-page/6-7/games-2/</a>	<b>Swimming</b>	<b>Swimming</b>	<b>Striking and fielding (kwik cricket type game)</b>	<b>Athletics (track, throwing, jumping, relays)</b> <a href="https://gostriver.com/#/age-list-page/6-7/athletics/">https://gostriver.com/#/age-list-page/6-7/athletics/</a>
		<b>Gymnastics</b> <a href="https://gostriver.com/#/age-list-page/6-7/gymnastics-1/">https://gostriver.com/#/age-list-page/6-7/gymnastics-1/</a>	<b>Gymnastics</b> <a href="https://gostriver.com/#/age-list-page/6-7/gymnastics-1/">https://gostriver.com/#/age-list-page/6-7/gymnastics-1/</a>		







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### Green Class

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Football (Striver unit)</b>	<b>Gymnastics (provided by PZ Gym Club)</b>	<b>Netball (Striver unit)</b>	<b>Dance (Striver unit)</b>	<b>Athletics (Striver unit)</b>	<b>Cricket (Striver unit)</b>
<a href="https://gostriver.com/#/age-list-page/7-8/football/">https://gostriver.com/#/age-list-page/7-8/football/</a>		<a href="https://gostriver.com/#/age-list-page/7-8/netball/">https://gostriver.com/#/age-list-page/7-8/netball/</a>	<a href="https://gostriver.com/#/age-list-page/7-8/dance-1/">https://gostriver.com/#/age-list-page/7-8/dance-1/</a>	<a href="https://gostriver.com/#/age-list-page/7-8/athletics/">https://gostriver.com/#/age-list-page/7-8/athletics/</a>	<a href="https://gostriver.com/#/age-list-page/7-8/cricket/">https://gostriver.com/#/age-list-page/7-8/cricket/</a>





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### Blue Class

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Basketball (Striver Unit)</b>	<b>Handball (Striver Unit)</b>	<b>Tennis provided by Penzance Tennis Club</b>	<b>Gymnastics (Striver Unit)</b>	<b>Athletics (Striver Unit)</b>	<b>Rounders (Striver Unit)</b>
<a href="https://gostriver.com/#/age-list-page/8-9/basketball/">https://gostriver.com/#/age-list-page/8-9/basketball/</a>	<a href="https://gostriver.com/#/age-list-page/8-9/handball/">https://gostriver.com/#/age-list-page/8-9/handball/</a>		<a href="https://gostriver.com/#/age-list-page/8-9/gymnastics-1/">https://gostriver.com/#/age-list-page/8-9/gymnastics-1/</a>	<a href="https://gostriver.com/#/age-list-page/8-9/athletics/">https://gostriver.com/#/age-list-page/8-9/athletics/</a>	<a href="https://gostriver.com/#/age-list-page/8-9/rounders/">https://gostriver.com/#/age-list-page/8-9/rounders/</a>





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### Indigo Class

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Gymnastics (Striver Unit)	Dance (provided by PPE)	Tag Rugby (provided by Penzance Pirates)	Hockey (Striver Unit)	Athletics (Striver Unit)	Cricket (Striver Unit)
<a href="https://gostriver.com/#/age-list-page/9-10/gymnastics-2/">https://gostriver.com/#/age-list-page/9-10/gymnastics-2/</a>			<a href="https://gostriver.com/#/age-list-page/9-10/hockey/">https://gostriver.com/#/age-list-page/9-10/hockey/</a>	<a href="https://gostriver.com/#/age-list-page/9-10/athletics/">https://gostriver.com/#/age-list-page/9-10/athletics/</a>	<a href="https://gostriver.com/#/age-list-page/9-10/cricket/">https://gostriver.com/#/age-list-page/9-10/cricket/</a>
Playleader training- provided by PPE					







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### Violet Class

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Football (provided by PPE)	Dodgeball	Tag Rugby (provided by Penzance Pirates)	Tennis (Striver Unit)	Athletics (Striver Unit)	Cricket (Striver Unit)
			<a href="https://gostriver.com/#/age-list-page/10-11/tennis/">https://gostriver.com/#/age-list-page/10-11/tennis/</a>	<a href="https://gostriver.com/#/age-list-page/10-11/athletics/">https://gostriver.com/#/age-list-page/10-11/athletics/</a>	<a href="https://gostriver.com/#/age-list-page/9-10/cricket/">https://gostriver.com/#/age-list-page/9-10/cricket/</a>





## Heamoor School PE Provision 2023/24

### INTER-SCHOOL EVENTS

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<ul style="list-style-type: none"> <li>Year 5/6 boys football</li> <li>Year 5/6 girls football</li> <li>Cross country (MBA)</li> <li>Netball (MBA)</li> </ul>	<ul style="list-style-type: none"> <li>Year 5/6 boys football</li> <li>Year 5/6 girls football</li> <li>Cross country (Hayle)</li> <li>Netball (MBA)</li> <li>Netball (Winter Cornwall School Games Final)</li> </ul>	<ul style="list-style-type: none"> <li>Cross country (St Ives)</li> <li>Cross country (Cape Cornwall)</li> <li>Netball (MBA)</li> <li>Year 5/6 boys football</li> <li>Year 5/6 girls football</li> <li>Year 3/4 girls football</li> </ul>	<ul style="list-style-type: none"> <li>Sports hall athletics Year 3/4</li> <li>Sports hall athletics Year 5/6</li> <li>Swimming Gala Year 5/6</li> <li>Year 3/4 girls football (Cornwall School Games Final)</li> <li>Year 5/6 girls football (Cornwall School Games Final)</li> <li>Cornwall School County Cross-Country Championships</li> </ul>		







## Heamoor School PE Provision 2023/24



### AFTER SCHOOL ACTIVE CLUBS

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<ul style="list-style-type: none"><li>• Cross country (KS2)</li><li>• Boys Football (KS1)</li><li>• Girls Football (KS2)</li><li>• Karate (KS2)</li><li>• Netball (KS 2)</li><li>• Tennis (KS2)</li><li>• Multi-skills (KS1)</li><li>• Active Club (EYFS/KS1)</li></ul>	<ul style="list-style-type: none"><li>• Cross country (KS2)</li><li>• Boys Football (KS1)</li><li>• Girls Football (KS2)</li><li>• Karate (KS2)</li><li>• Netball (KS 2)</li><li>• Tennis (KS2)</li><li>• Multi-skills (KS1)</li><li>• Active Club (EYFS/KS1)</li></ul>	<ul style="list-style-type: none"><li>• Cross country (KS2)</li><li>• Boys Football (Year 3/4)</li><li>• Girls Football (KS2)</li><li>• Karate</li><li>• Netball (KS 2)</li><li>• Tennis</li><li>• Dance</li><li>• Cheer leading</li><li>• Active Club (EYFS/KS1)</li></ul>	<ul style="list-style-type: none"><li>• Cross country (KS2)</li><li>• Boys Football (Year 3/4)</li><li>• Girls Football (KS2)</li><li>• Karate</li><li>• Netball (KS 2)</li><li>• Tennis</li><li>• Dance</li><li>• Cheer leading</li><li>• Active Club (EYFS/KS1)</li></ul>		